

Grapevine



Living at the Veterans Home of California in Yountville – August 2008

The Biggest Fourth of July!

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GRAPEVINE
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**To the many
employees,
volunteers,
sponsors and
visitors ...**



Thank you!



Thank you to our
July Fourth
Photographers:
Glen Nock
Jody Price
Neil Remnant
Lou Zauner



59th Army Band Again Captivates Audience

By Lou Zauner; photos by Glen Nock & Lou Zauner



Playing to another packed house at Lincoln Theater, Sunday July 6, the 59th Army Band, known as “The Governor’s Own,” presented another mesmerizing performance that leaves an audience anxious for their next appearance. From 3 to 4:30 p.m., the nonstop concert of over twenty selections,

prompted the appreciative crowd to request even more with gracious encores provided by the performers who were sincerely delighted to accommodate.

The Concert Program included “Irish Tune from County Derry;” “Pink Panther;” “Valdres;” “Orange Colored Sky;” “In the Miller Mood” and an-audience-pleaser with the “Andrew Sisters Medley.” Except for the encores, the totally inspiring “Armed Forces Medley” and “The Last Full Measure of Devotion” concluded the musical afternoon.

W01 Ron Wolcott, commander of the band, gets top billing for this exceptional group, but the baton is shared with talented associate conductor 1SG Robert Bourke and Guest Conductor SSG Joel Clark, Retired. The piccolos, clarinets, bassoons, saxophones, trumpets, French horns, trombones, tubas, percussion and more are brought to life by over forty superb musicians who are members of the California Army National Guard stationed in Sacramento. In addition to their requirements for “warrior readiness,” they meet once or twice a month to rehearse and support military and community events throughout the state.

For this marvelous performance, we enthusiastically thank the 59th Army Band and anxiously await the next appearance. This is an event that no one should miss! Tickets are free, so watch for announcements.

Dazzling “Razzle Dazzle”

By Lou Zauner

Nineteen lucky Home Members took advantage of an invitation to a matinee musical review of extraordinary performances by “senior” show people. The “Razzle Dazzle Review” was presented at the Spreckels Performing Arts Center in Rohnert Park at 1 PM ... and what a show it was!

In two acts, 35 separate songs, skits and dances were presented by over 30 senior performers, a 18-piece orchestra and four or more directors and choreographers. Only one performer was a “young” age 50. The others were in their 60’s to 80’s—one at age 94.

With outstanding professional voices and meticulous dancing—with remarkable costumes, the cast gave the audience a magical “tour” beginning with singers announcing the theme: “On the Road Again.” Next was “Sentimental Journey” with stops at “Jackson,” “Kentucky,” “Chattanooga,” “Old Cape Cod,” “April in Paris,” and “Far Away Places.”

Act Two continued the journey starting at “Kokomo,” on to “St Louis Blues,” “Grant Avenue,” “Route 66,” “New York, New York,” “Blue Hawaii,” and on to “New Orleans” and “Hollywood.” “Hooray for Hollywood” brought the beautiful, costumed “starlets” off-stage to promenade down the aisles to the delight of the audience.

The “Razzle Dazzle Revue” was the 36th annual for the “Kitchen Kut-Ups” whose 11 members play kazoos, washboards, buckets and kitchen utensils. The entertainers are not professionals, but with a desire to perform on stage, the non-profit group entertains at rest homes, lodges, public schools and for senior groups.

Special thanks go to Georgia Todd who brought notice for the Home invitation to the “Go-getters” and the Activity Department. Sincere appreciation to the Activity Department, Escort Leo Ned and Driver Kevin James.

Home Members, don’t fail to sign up for this terrific afternoon of entertainment next year!



The performers greeted the audience for accolades (well-deserved) as the exit to bus-return meandered through the lobby.



As I Heard It ...

Jenny Hillebert—"Bread and Roses" Singer Extraordinaire

by Lou Zauner



A rare musical event was brought to the Hospital Recreation Area on Friday, June 26, when Master of Ceremonies Kurt Huget introduced Singer Jenny Hillebert who was brought to the Home by courtesy of the "Bread and Roses" organization and our Therapeutic Activities Department. From 1:30 to 2:45 p.m., Jenny sang over 15 of the best of the 1950's gentle-era nostalgic songs: "Skylark," "Mean to Me," "Sophisticated Lady," "I Remember You," "What's New," "When I Fall In Love,"—each better than the last and a vocal concert one didn't want to end.

Jenny Hillebert delivers her beautiful lyrics with a rich powerful voice and with perfect articulation. She has a compelling stage presentation, and a repertoire of several hundred songs. She has earned recognition and many awards for her singing. All of this, regardless of the fact that Jenny has multiple disabilities caused by a traumatic brain injury when she was a baby.

Jenny began her singing career at the tender age of 8 years old. Now at age 24, Jenny went through years of vigorous training and practice, and attended specialized schooling to overcome her disabilities and develop her extraordinary talent.

The "Bread and Roses" organization, as Kurt Huget explained, is "Healing Through Music." From their Newsletter, and location in Corte Madera, California: "live ART delivered fresh DAILY. Dedicated to uplifting spirits by producing free live quality entertainment for individuals living in institutions or otherwise isolated from society."

Our sincere thanks and appreciation to Bread and Roses and Therapeutic Activities for inspiring the Home with Jenny Hillebert's presence and the other performances that have generously been given in the past and will continue for the future.



Home Member Veteran Navigates Golden Gate Bridge *in Wheelchair*

By Lou Zauner

Milton Oswell (“Moe”) Eakin, a Holderman Hospital Resident, strolled across the Golden Gate Bridge in 1950, and he made up his mind to cross that bridge again--regardless of the fact that he was in a wheelchair and could only use his feet to propel himself across.

This was the way Moe Eakin wanted to celebrate his November 3, birthday when he reaches age 90. To accommodate his wishes, his son and daughter-in-law, Milton and Linda Eakin Jr, traveled from Mesa, Arizona to take him to the San Francisco side of the bridge where it took him about an hour, with his daughter-in-law at his side, to make the structure crossing where his son was waiting with the car at the other end.

Moe Eakin practiced his Olympic-sized event by crossing a long hall at the Hospital five or six times a day. He worked to get the time under five minutes for the distance of his hallway training ground. He said, (the Bridge) “was a bit uphill for the first half, but it worked pretty good. After that, there was a little downgrade that helped. Others who were walking or riding bikes were cheering me on with a great big ‘go sign.’ It felt great.”

Moe’s dream with this trek was realized after experiencing some “sick” demanding and tough days—another great example of an American Veteran’s determination to accomplish new goals despite adversity. His attitude: “I don’t know how I got so lucky. I was born, raised and educated in the United States. How much luckier could one be?”



*right - Some
“Thank You”
notes you just
have to share.*

August 2008

*Hello Good People
Here's my Dad's July
monthly fee. Thank you
for taking such good care
of my Dad!!*





Native Sons and Daughters of the Golden West

By Nancy Bueno; photos by Glen Nock

On July 20th several parlors of the Native Sons of the Golden West and the Native Daughters of the Golden West came to the Veterans Home for their Annual Picnic. The organizations were founded to preserve California history, but their activities go far beyond that. Our wonderful picnic was just a small example of their generosity.



above: Selling tickets for the raffle are Sherry Pittman, Virginia Crow and Barbara Dulinsky (Bea Dulinsky's mother).

*above right: Bud Dulinsky and Ernie Stoddard.
right: Veterans Home employee and Past Grand President of Native Sons of the Golden West, Bill Hargis; current Grand President, Dwayne Gavin; Deputy Administrator of the Home, Bart Buechner.*

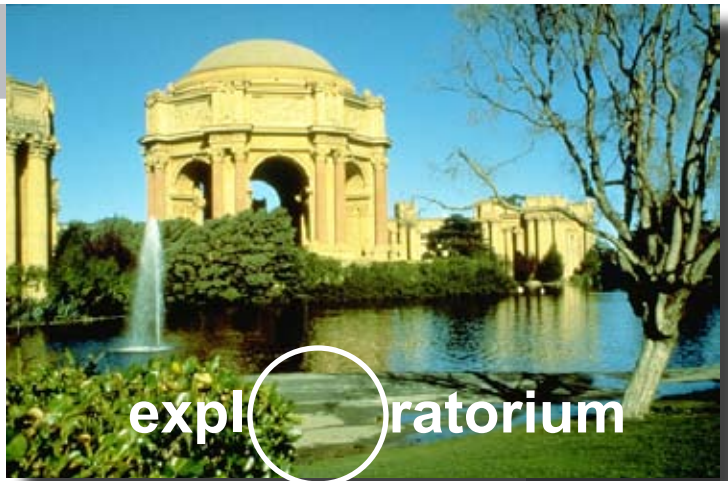


Getting Down to Basics

Exploratorium Answers Your Questions

By Chris Williams

You had many questions about the world around you when you were a child. Did you get satisfactory answers to them all? Most of us didn't, so we gave up and began to take our world of marvels for granted. Home members were able to revisit those wonders at San Francisco's Exploratorium and experience live many of the most basic of life's processes.



At 3:30 AM on August 1, 2008 a total eclipse of the sun darkened a portion of northwestern China. Why did this happen -- did the Chinese buy that, too? No, it's one of nature's phenomena that the Exploratorium explains to you in exhibits that bring the world around us alive. As the new moon moves between the sun and the earth, its umbral (they'll explain that also) shadow will fall on Canada, zoom across the Arctic, and reach a full eclipse in China.

No guides lay in wait at the Exploratorium to herd you about. No, you're turned loose to go where your curiosity leads you. The exhibits change constantly and you can even watch them being built in the center of the enormous building. Live activities spice up each of your visits -- on the day Vets Home members were there, an energetic competition was in progress to select the "Iron Science Teacher." Six local teachers were given a few common household products and given 5 minutes to create a science lesson using them. Why will a soap bubble cling to your sweater? The winner taught you.

"Interactive" is the secret of the Exploratorium's appeal. You can do something to each exhibit, and it will do something back to you. The current collection explores how our brains and senses work together to give us our impressions of the world. We learn that we are aware of only a fraction of it, and even that part cannot be totally trusted. Other views of our surroundings lie just outside the range of our senses.

2000 people a day visit the Exploratorium, and it enjoys great community and foundation support. Their budget allows them to maintain a wealth of resources. Do you think your grandkids are playing too many video games? Want to have some fun yourself? Their website (www.exploratorium.edu) is an enormous world of its own with many things to build, explore and enjoy. Recommend it to everyone you know. It's a constantly changing treasure.



As I Saw It ... "It's a Real Zoo Out There!"

By Lou Zauner



Tigers? Oh, my, yes! A beautiful Siberian tiger.

"Lions, and tigers and bears..." and more, granting visiting hours to 12 of us Home Members who braved the San Francisco cold on Wednesday, July 2, bus departure at 8:15 a.m. At 10:30 a.m., we were confronted with some 10,000 other visitors (it was a free entrance day) and weather more suitable for the polar bears and penguins than those of us warmed-by-the-Yountville temperate climate. However, our hardy dozen wandered through the front entrance of what was once known as "Fleishacker Zoo" and once proudly proclaimed an adjacent outdoor swimming pool that was the largest in the world.

The now San Francisco Zoo covers some 125 acres, is home to more than 250 species represented by some 930 animals, and is a model of zoo-modern although it is the largest and oldest zoo in Northern California. The first exhibits were built in the 1930s at the cost of \$3.5 million, and included: Monkey Island, Lion House, Elephant House, a sea lion pool, an aviary and bear grottos. These spacious, moat enclosures were among the first bar-less exhibits in the country. Recent renovations, beginning in late 1900 and early 2000 included over 40 major improvements. Added exhibits, such as outdoor forests, conservation centers, wetland habitat; and two-story exhibit areas are accessible by stairways with wide walkways and platforms for viewing the animals from above in their moat-surrounded enclosures.



The African Plains exhibit



Continued on next page

Zoo continued from previous page

The new animal grottos are spacious, and provided with pools for the aquatic creatures and swinging toys and ladders for those that prefer to swing through the air. For many others, a cool, quiet spot to nap is what they require. Large billboard maps, in addition to directional leaflets given at the entrance to the exhibits, help guide the visitor to their favorite animal destination. Likewise, many signs at the exhibit contain present information regarding the habitat and preservation efforts related to that species. Surprisingly, there are no elephants ... “Tinkerbell” and “Lulu” were moved to sanctuaries in 2004-2005; but hippopotamus and rhinoceros still remain. From the aviary to the African Plain, the zoo is a wondrous display of magnificent creatures from all over the world “lions, and tigers and bears” and more.

When the walking overcame even the hardest of the dozen, the bag lunches of ham and cheese sandwiches, chips and juice were opened for respite and sustenance. Before departure, there was always a visit to any number of snack concessions for additional maintenance until the bus returned Home for dinner.

Again, our thanks to the Activity Department and all who gave us another enjoyable outing for our Home Members.



A ring-tailed lemur



*Ben Franklin,
Jim Looney,
Lou Zauner,
Jane Hum.*



August 2008



Dix Bruce Brings Country & Western to the Home

By Lou Zauner



On Friday, July 18, Dix Bruce brought a totally new dimension of musical entertainment for presentation to a large audience at the Hospital Recreation Area. With almost an entire new Band, the talented impresario left “Dixieland and Traditional Jazz” behind (at least, for this performance) and proved his formidable talents with a “hay barn” filled with foot-stompin’ barrels of “dozy-doe” and downright

side-slap pin’ homespun square-dancing music for a real “hoe-down” review. In short, it was a “Country and Western Music” concert.

Beginning with “Oh Lonesome Me,” followed by such traditionals as “Tennessee Waltz,” and “Red River Valley,” The talented musicians: Vocalist and Guitarist Kathy Kallick; Gary Newsman, Piano; Steve Apple, Drums; Chojo Jaques, Fiddle; “Johnny Z” Nichols Guitar; Bobby Black, Steel guitar and Dix Bruce himself with Guitar and performing vocals. From 2 to 4 p.m. with only a short intermission, the Dix Bruce Band again wowed the crowd with their talented and stylish entertainment thoroughly enjoyed by the audience voicing their approval with “yahoos” and clap pin’ hands to the guitar-dominating tunes.

Thanks to *Friends of the Veterans Home* and Therapeutic Activities for another great show. And watch for the next Dix Bruce Band appearance!

Annual Home Member Talent Show



**Auditions:
completed
Practice:
in progress**

The theme of this years Home Member Talent Show is “Hot Summer Nights.”

Don’t miss the shows on August 12th in Lincoln Theater and August 13th in the HRA. Both shows begin at 1:30 pm.

‘Doo Wop’ and ‘Pop’ on Summer Break

Doo Wop & Pop are on Summer Break and will resume on October 1st in Room 207 in Section F.

Every Wednesday Doo Wop will begin and 1:30pm; followed by Pop at 2:40pm after a short recess.

“Operation KIKS—A Project for Heart and Sole.”

By Lou Zauner

Home Member Paul Cheatham made a tour of the poorest-of-the-poor villages in Johannesburg, Soweta and Alexandria, South Africa in 2004--locations which have travel agents, hotels and tourist organizations discourage visiting. The poverty that struck Cheatham the hardest was the children's lack of shoes: nothing to protect their feet from the hard rocks and dirt ground that is their world underfoot. Unable to dismiss the image of their plight, he launched “Operation KIKS,” (Kind Initiative Kids Shoes). As he states it, “For the kids that have no shoes on their feet and no way to get them.” He started by buying a few pair of children's shoes and began saving for a return trip to South Africa. His capital for this venture was to be the money he earned working at his Home Member jobs of delivering meals on wheels and assisting AMVETS Bingo. Also, he began collecting bottles and cans to recycle for a few extra dollars.

His coworker, Home Member Jerry Rambajan, who also delivers meals on wheels, learned of Cheatham's plans. The appeal of the project immediately made Rambajan the first donor of funds in addition to become a volunteer “partner” to do whatever was necessary to bring in more shoes and getting them ready for shipment. Likewise, a third partner was added with Jean Bergen, post office employee, to provide storage and packing space for what was to be Cheatham's goal of 101 pairs of shoes—the number corresponding to AMVETS Post 101, of which he is a life member. With publicity from the Yountille Sun, some donations began to flow in. Dick Hum provided the AMVETS Post as a conduit for receiving the necessary contributions for more shoes and necessary transportation and travel expenses. To date, Cheatham has bought over 300 pairs of shoes and provided for flight tickets with virtually his own funds—and he plans to add “bake sales” to his list of fundraising activities. This he started on the 4th of July in a booth at the Veterans Home which posted his travel pictures, passing out “Operation ICHCS” picture cards and selling cookies and cornbread.

Every day, Cheatham and his partners are busy at their project arranging the many details of shipping all the shoes that can be obtained to arrive by ship in Johannesburg, South Africa in November. He will be at the port with truck and

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There *Will* Be Pie!

Re-cycle; Re-new; Use Up

By Chris Williams

It's a tradition, now. The section 'H' yard sale is anticipated by all as an opportunity to snatch up bargains. Useful, ornamental or doubtful -- they have it all. "I'm buying this and taking it home. My son will figure out what it is," said one optimistic customer." "Just what I needed," said another with more certainty about his find.

Ah, a \$20! Melinda takes the first of many more dollars to bring the total sales to well over \$800!

Section leader Melinda Ross, assisted by Plant Ops' Frank Steele and Jim Gillen, began humping pieces of furniture to the patio at dawn's first light. Bags, cartons, (even hat-boxes) joined appliances, books, jewelry and items that could only be called "miscellaneous". Experienced yard-salers were early, eyeing the long tables and planning their assault. Section 'H' residents, who served as cashiers and personal shoppers, arrived to get the sale underway.

Members and employees vied for treasures, but resisted "I saw it first!" arguments. One customer wore a smile of satisfaction as she carried a purchase away. "I donated this," she said, "but decided I couldn't live without it." Mickey Gandel scored big by buying entire boxes to be sorted through later. You learn these tricks with experience.

Even bargain prices add up, and Melinda Ross is satisfied with the "take" which will support residents' activities. Among the popular ones are Pie Parties. When you learn how to wangle an invitation to the next one ... let me know.



Living at the Veterans Home of California in Yountville

It's Time to Get On The Ball

By Lou Zauner

And on Thursday evening, June 26, ten sports enthusiasts did just that with a bus trip to Napa Bowl for a few hours of camaraderie while sweeping away the pins via rolling missile. In other words, the group got together for a bowling session. Scores were not revealed, but Escort Bernard Madkins claims himself as another record-breaker.

Pending completion of the Home Members Service Building, when the bowling facilities will again be available, monthly trips to Napa Bowl are being arranged by the Activity Department—but bus to depart from the Main Dining Hall at 6 p.m.—but watch for dates and times from the Grapevine, K-Vet TV scroll, or Activity Department announcements.

Leo Ned, with the Activity Department, suggests you keep in shape and continue your bowling interests and talents for the time you will be back at the Home competitions.



KIKS continued from page 13

driver to load and deliver his precious cargo to the children of the orphanages and villages where he had been before. Since Cheatham has had 45-years of combined social work and community service experience, and a long association with NATO as a Community Services Officer, he has many contacts with organizations that will be of valuable help in achieving his ambition.

Paul Cheatham, a compulsive worker, is surprised by his project's success so far; but he is still paying for shoes and many necessary expenses from his personal earnings. His selfless motivation helps him plan and continue to work toward achieving his November dream of "Operation KIKS--A Project for Heart and Sole"--to bring an unimaginable charitable gift from the United States to Nelson Mandela's world in South Africa.

After late night baking, Paul spent his July 4 selling his delicious cookies, collecting donations and talking with visitors about his project.





In the Wake of Melville and Conrad

Summer is a good time to read about old sea dogs. No, I don't mean canines; I mean the two-legged kind. I've heard several of you say you can only

survive so long without being near the sea, and it seems to exert a spell on us all. It's interesting that people give different meanings to it. To some, beginning with Homer, the sea is divine -- Poseidon is really ticked off at Odysseus and is going to use the powers of the sea to punish him. To Joseph Conrad, it was the opposite, a representative of "the immense indifference of things."

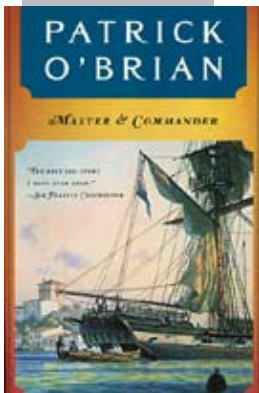
It might be in your interest to begin with the sweeping series of naval stories written by Patrick O'Brian:

"Some of you ... have never read a Patrick O'Brian novel. I beseech you to start now. Start with *Master and Commander*, which should be available at your nearest library. And if he -- or she -- does not have a copy, then beat the wretched fellow." ... Kevin Myers, Irish Times

Our librarians are safe. They chose to carry several of the twenty volume series to the new quarters in the basement of 'G'. If you become hooked on the series (and many do), there are enough to see you through the summer.

O'Brian's series is matched only by the 'Hornblower' novels by C. S. Forester. Ernest Hemingway said, "I have recommended Forester to everyone I know." Does that include you? The first novel, *Beat to Quarters*, was followed by ten others. His main character, Horatio Hornblower, adventured around 1800 but became such an icon that he served as the model for Captain Kirk in Star Trek.

Small quiz. Russel Crowe played O'Brian's ship's captain in *Master and Commander*. Who played Captain Hornblower in the movie. Give up? Oh, you got it. Yes, it was Gregory Peck. Okay, I'm serious this time, and I won't tell you the answer. Gregory Peck played the captain in what other seagoing classic? Clue: scholars often call it "the greatest novel ever written." Yes, it's in Lincoln Library.



❀ Paws with Brandy ❀

How to Take the Heat

We're in this together -- the "Dog Days" of summer, those sultry days between July and September. I'm glad this uncomfortable time wasn't named after dogs, but after Sirius, the Dog Star, which is brightest at this time. Ancients believed it to be an evil time when the seas boiled, wine turned sour, dogs grew mad and people developed "burning fevers, hysterics and frenzies."

Well, I'm not mad, and I hope you're not frenzied, but we do have to be careful during this hot part of the year. It's really a time to form good drinking habits for life. Deepak Chopra, the holistic physician, says, "Not drinking enough water is one of the commonest causes of unwellness ... chronic dehydration is a major cause of ageing."

I've got to start setting a better example; I have the bad habit of getting too dry, then gulping down a lot of water at once. It's better to spread your intake throughout the day. We've been told to drink 8 glasses a day -- but we're not all the same size, are we? So, Senior Health has come up with a new system: you drink half your weight in ounces. Since I weigh 80 ... er, 90 ... oh, all right! 104 pounds!, I should drink 52 ounces, or about six and a half cups a day.

Senior Health advises a plan to increase your water consumption:

1. Buy a polycarbonate bottle to carry with you so you can keep track. Other plastics are under suspicion -- they may leach chemicals you don't want.
2. Stick post-it notes around to help you remember.
3. Grab a sip whenever you have a chance. Think of a drinking fountain as a rest stop. Have you noticed that the dining hall staff has placed a canteen and cups right at the entrance? Hoist one.
4. My ol' trainer tricks me, and Senior Health suggests you do the same. He pours a splash of chicken broth into my water so I'll drink more. You might like a slice of lemon or orange to add flavor. Remember that caffeinated coffee, tea, and sodas don't count. They cause you to lose more fluid than you're getting.

In addition to protecting yourself from heat stroke and exhaustion, hydration promises other benefits: "softer, glowing skin and more energy." How will I know if I have glowing skin? Will I light up at night? ❀



Cool Water, Clear Water. Water.

"Water is the true wealth in a dry land." ... Wallace Stegner

By Chris Williams



*Rector
Reservoir*

From Wyoming to Southern California, much of the American west is in the ninth year of a drought. A 2003 federal report predicted that 46 states will face water shortages in the next decade. Scientists blame changes in global weather patterns, unchecked development and poor management. Few agencies have planned ahead.

The California Veterans Home has. Chief Engineer Pat Gilleran is justifiably proud of the system which supplies the home with water which consistently tests to highest standards. "We are committed to ensuring the quality of your water," he says. On his wall is a reminder of how far we have come: a section of the wooden pipes which car-

ried supplies in the past. The years have brought higher standards which have been met with a new reservoir and a state of the art treatment plant. Testing, for turbidity, organic materials, algae and disease-causing organisms, is almost continuous. Each month, a Department of Health protocol is required.

You have seen numerous news reports of contamination in ground water. The Veterans Home benefits from a watershed of 111 square miles, the water then collected in Rector Creek and stored in Rector Reservoir, 1 1/2 miles long and 118 feet deep. The reservoir is owned by the California Department of Veterans Affairs and gives us the benefit of "single source" water. It is continually tested to meet the stringent standards of the Clean Water Act. Since the Terrorism Act of 2002, the reservoir itself is under constant surveillance. You may obtain a copy of the annual testing report by calling William Hargis, Chief of Plant Operations at 944-4800.

Recent studies have cast doubt on the quality of bottled water. Only bottled water which crosses state lines is subject to standards set by the FDA, and new investigation has found leaching of chemicals from the plastic bottles begins sooner and at lower temperatures than previously thought. Some municipalities are forbidding its purchase with their funds, and consumer organizations are urging the return to tap water for environmental reasons.

Gilleran notes that the city of Napa receives its water from mixed sources. We are able to switch to their supply as a back-up should the Rector Plant have to be shut down for any reason. "This has not been necessary during the previous calendar year," says Administrator Marcella McCormack. "I am pleased to report our drinking water is safe and meets all federal and state requirements."

Summer Hydration Quiz

Christine Palumbo, RD, HealthCentral.com

You know that summer's heat and humidity can make you extra thirsty. But are you drinking enough? Can you drink too much? Take this quiz to get the skinny about hydration.


1. True or False: To stay properly hydrated, you should drink eight 8-ounce glasses of water each day.
2. When you work out, a good fluid replacement beverage is:
 - a. Water
 - b. Soft drink with added vitamins
 - c. Sports drink
 - d. Energy drink
3. True or false: You can always count on thirst as a signal to drink more fluids.
4. Which of these medical conditions is NOT known to be linked to dehydration?
 - a. Kidney stones
 - b. Heart attack
 - c. Constipation
 - d. Diabetes
5. True or False: You can never drink too much water.
6. At what level of dehydration can one's physical performance be affected?
 - a. 1% of body weight
 - b. 2% of body weight
 - c. 3% of body weight
 - d. 4% of body weight
7. The color of your urine can let you know your hydration status. What color is best?
 - a. The color of lemon juice
 - b. The color of orange juice
 - c. It doesn't matter
8. True or False: Drinking a lot of water or other fluids is not hard on the kidneys.
9. True or False: If you eat a relatively dry diet, you require more fluid from beverages than someone who eats a diet rich in water-based foods?

Continued on next page



Borman Field Schedule

August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 American Legion State "A" Tournament 9:00am - 12:00pm 3:00pm
3	4	5	6			9 American Legion State "B" Tournament 9:00am - 12:00pm 3:00pm
American Legion State "A" Tournament (continued) 9:00am - 12:00pm - 3:00pm						
10	11	12	13	14	15	16
American Legion State "B" Tournament (continued) 9:00am - 12:00pm - 3:00pm						

Jewelry Sale!

Menda's silver, gold and diamond jewelry will be here on Wednesday, September 3rd and Thursday, September 4th from 9:00am to 4:00pm. Come to the HRA Entrance Hallway in Holderman Hospital and treat yourself to some beautiful jewelry. Menda's offers Layaway Plans and major credit cards are accepted.

Hydration Quiz continued

10. People who wish to increase their water retention should:

- a. Drink it quickly
- b. Consume it slowly

11. A good reason to consume plenty of water in the summer is that it:

- a. Helps to rid your body of toxins
- b. Improves your skin tone
- c. Makes you less hungry
- d. Reduces how often you suffer from headaches
- e. None of the above

Hydration Quiz Answers:

1. True - Proper hydration depends on a host of factors: your size, activity level and sweat rate, as well as the temperature and humidity level. You may require five glasses, while your best friend may need ten.

2. a. - Under normal weather conditions, water is adequate for workouts that last under an hour. But once you pass that one hour mark, a sports drink will replace sodium and other minerals, as well as carbohydrates. Soft drinks, with their bubbles, may make you gaseous and uncomfortable. Energy drinks are loaded with sugars and caffeine, which can prevent fluids from being quickly absorbed.

3. False - In normal conditions, this is usually true. But older adults and those involved in strenuous physical activity may not feel thirsty when they're low on fluids. Drink more during hot temperatures and when you're physically active.

4. d. - Being dehydrated is a well known risk factor for painful kidney stones, especially in susceptible individuals. Adequate water intake is associated with a reduced risk of fatal heart attacks, according to a 2002 Adventist Health Study. Finally, several studies point to chronic dehydration being linked to constipation.

5. False - Although rare, water intoxication can and does happen. It's most likely during extreme exercise, such as marathons, when a person replenishes fluids with water instead of electrolyte-containing sports drinks. Symptoms include confusion, nausea, fatigue and seizures.

6. b. - For example, someone weighing 160 pounds would see the effect by losing just 3 pounds of sweat.

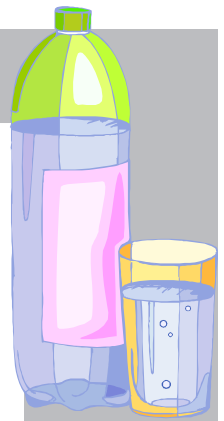
7. a. - The darker the color of urine, the more concentrated it is, which signifies less body water. One exception is your first morning void, which is usually more concentrated. Another exception can be if you take vitamin supplements. Certain B vitamins, such as riboflavin, can turn urine bright yellow.

8. True - Although it may seem counterintuitive, the kidneys have an easier time filtering waste when there's plenty of water present. Drinking plenty of water can also reduce your risk of urinary tract infections. It keeps urine diluted so that bacteria have less chance to collect, and stimulates you to urinate more frequently (helping to flush the urethra walls of bacteria).

9. True - The good news is that by consuming more watery foods, you obtain fluids that contributes to your daily needs. Summer fruits and vegetables, such as cucumbers, lettuce, tomatoes, peaches and watermelon, have a high water (and low calorie) content.

10. b. - Consume it slowly. Water retention varies and often depends on how quickly the water is drunk. If it is gulped down quickly, it is usually excreted by the body faster. But if it is consumed gradually, the body tends to retain more of it.

11. e. - None of the above. Although these claims have been seen in popular magazines for years, an editorial published in the June 2008 issue of the Journal of the American Society of Nephrology cites the lack of evidence about any of them.



LINCOLN *Theater*



**Fri, Aug 1
8:00PM**

Sara Evans Whether dominating country radio airwaves with one of her many hit singles or attracting a new legion of fans with her spirited turn on “Dancing with the Stars,” Sara Evans is in an elite class of artists who transcend musical genres. She has won numerous accolades including the Academy of Country Music’s Female Vocalist of the Year and has been celebrated as one of People magazine’s “50 Most Beautiful People.”



**Fri, Aug 8
8:00PM**

David Sanborn Renowned and revered the world over as one of the greatest saxophone players of all-time, David Sanborn is an artist whose music has inspired countless other musicians while creating a body of work that spans the genres of Rock’n’Roll, R&B, pop and jazz. A naturally-gifted performer and Grammy award-winner, Sanborn has helped define the saxophone’s modern sound while influencing a generation.



**Sun, Aug 17
5:00PM**

Vicki Lawrence and Mama - A Two Woman Show Emmy Award-winning comedienne Vicki Lawrence is one of the most beloved television personalities of her generation. Her resume includes seven seasons as part of the now-legendary cast of the “Carol Burnett Show” playing roles such as “Mama” and her current guest appearances as Hannah Montana’s grandmother on Disney Channel. This special appearance will include a mixture of stand-up comedy, music and new observations about real life with a modern, cutting edge.



**Wed, Aug 20
8:00PM**

Diamond Rio For nearly 20 years, Diamond Rio has rocked the country music scene. Winners of four “Group of the Year” awards from the Country Music Association, two “Top Vocal Group” awards from the Academy of Country Music and thirteen Grammy Award nominations. Their hits include “Meet in the Middle”, “Mama Don’t Forget to Pray for Me”, “Norma Jean Riley”, “Nowhere Bound”, “How Your Love Makes Me Feel” and “I Believe.”



**Sat, Aug 30
8:00PM**

Voices of Latin Rock The roots of Latin Rock began more than 30 years ago in the barrio of San Francisco’s Mission District where a new generation of bands melded acid guitar and Latin percussion. The stars of this tour include Jorge Santana and members of Malo, War, Sly and the Family Stone and more! Experience this explosive fusion of Latin, salsa and rock.

Continued on next page

Napa Valley Museum



Festival del Sole Napa Valley, Bank of America, and the Napa Valley Museum present *The Art Books of Henri Matisse*, an exhibition of

original illustrations and text by one of the preeminent artists of the twentieth century, on view at the Napa Valley Museum through August 10th. Best known for his boldly colored paintings, Matisse began experimenting with printmaking in 1903 and eventually illustrated 12 books, each issued in a limited edition and signed by the artist. The exhibition includes text and original illustrations from four of Matisse's most artistically significant books. All of the works in the exhibition are from the Bank of America Art Collection, one of the largest and most significant corporate art collections in the world. Bank of America Art Exhibition Program makes artwork from the Bank of America Collection widely available to museums across the country free of charge.

Lincoln Theater Schedule continued

Sun, Aug 31
3:00PM

When Gravity Attacks The Passing Zone are five-time Guinness World Record Holders! What are they? Take two guys, put them in tights, and throw in a Garden Weasel®... it's kind of hard to explain. They'll amaze you and your family with side-splitting comedy and mind-boggling talent. You're likely to recognize them from their hit appearance on America's Got Talent. Fun for all ages!

Free Rock 'n' Roll Concert

Put on your dancing shoes and come to the PAWS For Healing (PFH) concert and picnic for their volunteers and veterans on Saturday evening (August 2) at the Veterans Home in Yountville. Those of you who came to the Appreciation Tea and loved the band will have a chance to enjoy them again. (And, the Blues Brothers will make ANOTHER special appearance for us!) Family and friends are welcome.

Band: Rock 'n' Relics

Place: The Gazebo in the Alameda

Time: 6 - 8 pm

Bring a blanket and a picnic supper. PFH will have soft drinks and the Vet's will offer ice-cream for dessert! (And bring a sweater/sweatshirt in case it gets chilly.) You might also want to bring an extra blanket to share with a Veteran!

Be there or be square!



Hey there, Good-lookin' Whatcha' got cookin' this Saturday night? Why don't you join me for a Rock 'n' Roll Concert.



AUGUST 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Captains Plate Fries, Cole Slaw \$ 6.50	2 Breakfast Special 2 Egg Cheese Omelet, Hash Browns \$ 3.50
3 Breakfast Special 1 Egg, 1 Bacon, 1 Toast, ½ Hash Browns - \$ 2.75	4 Meatloaf Mashed Potato Veggies \$ 5.50	5 Fried Chicken Fries \$ 5.00	6 Sombbrero Salad, Rice Beans \$ 5.50	7 Pork Ribs Baked Beans Corn \$ 6.00	8 Fried Shrimp Fries Salad \$ 6.00	9 Breakfast Special 2 Biscuits & Gravy 1 Egg \$ 3.25
10 Breakfast Special 1 French toast, 1 Egg, 2 Bacon or Links - \$ 3.50	11 BBQ Beef Sandwich Potato Salad \$ 5.50	12 Chicken Fried Steak, Mashed Potato, Veggies \$ 5.50	13 Taco's Rice Beans \$ 5.50	14 Spaghetti Salad Garlic Bread \$ 5.50	15 Grilled Tuna Sandwich Macaroni Salad \$ 5.50	16 Breakfast Special ½ Corned Beef Hash, 2 Eggs, ½ Hash Browns \$ 3.50
17 Breakfast Special 2 Egg Ham & Cheese Omelet 1 Toast - \$ 3.50	18 Chicken Strips Fries Salad \$ 5.50	19 Fried Chicken Mashed Potato, Veggies \$ 5.50	20 Chile Relleno Rice Beans \$ 5.50	21 French Beef Dip Sandwich Fries \$ 5.50	22 Crab Salad Sandwich Cole Slaw \$ 5.50	23 Breakfast Special 1 Pancake 1 Egg, 2 Bacon \$ 3.50
24 Breakfast Special Strawberry Waffle, 2 Bacon \$ 3.50	25 Patty Melt Fries \$ 5.50	26 Chicken Fried Steak, Mashed Potato, Veggies \$ 5.50	27 Chicken Enchilada Rice, Beans \$ 5.50	28 Lasagna Salad Garlic Bread \$ 5.50	29 Fish Patty Sandwich Cole Slaw \$ 5.00	30 Breakfast Special Huevos Rancheros, Tortilla, 2 Egg, Beans ½ Hash Browns - \$ 2.50

Homemade Soup daily / Breakfast served till 11:30 / Indoor / Outdoor Seating / Open 7:00 a.m. 1:30 p.m. for Hot Food / Large Menu to Choose
From/ 2 TV's/ Tavern Service 10:00 a.m. - 8:00 p.m./Karaoke Friday Night/ Lottery 8:00 a.m.-2:00 p.m. daily / 8:00-Noon Weekends

August Special Events

*Note *** As of June 1st *** Activities office needs to be notified within forty eight (48) hours of trip for cancellations.*

Please call 707-944-4900. "No Shows" will be stand-by only for future trips for one month.

Date	Time	Event	Local	Bus	Signup
Aug 1	Fri	7:30am American Legion Golf Tournament	VGC		Yes
		8:00pm "Sara Evans" Country Vocalist of the year	LT		Yes
Aug 2	Sat	9:30am Delmar Horse Racing, Simulcast, Santa Rosa		MDR	Yes
		6:00pm "Rockin' Relics" Concert at the Gazebo by the Main Dining Room			
Aug 3	Sun	10:00am Infineon Raceway – Drag Races		MDR	Yes
		11:00am American Legion Picnic	MPG		Yes
Aug 4	Mon	10:00am Monday Shopping, Costco / Fairfield		MDR	Yes
Aug 5	Tue	9:00am Ticket Tuesday Sec. "F" Rm. 248			
		9:15am Asian Art Museum, San Francisco		MDR	Yes
Aug 6	Wed	10:00am S.F. Giants vs Atlanta		MDR	Yes
		Beginning 4:00pm Napa Fair, Senior Day shuttle		MDR	Yes
Aug 8	Fri	8:30am Jeramiah O'Brien Ship Tour in San Francisco		MDR	Yes
		8:00pm "David Sanborn Group", Saxophone Player	LT		Yes
Aug 9	Sat	11:00am NCD Elks Picnic	1C/1D		
Aug 10	Sun	7:30am American Legion Golf Tournament	VGC		
Aug 11	Mon	10:00am Monday Shopping, Target & Raley's		MDR	Yes
		1:00pm Dress Rehearsal - Talent Show	LT		Yes
Aug 12	Tue	1:30pm Talent Show - "Hot Summer Nights"	LT		Yes
		5:30pm Pinochle Tournament	HRA		Yes
Aug 13	Wed	9:00am Allied Council	HRA		
		1:30pm Talent Show - "Hot Summer Nights"	HRA		
		4:30pm RiverCats vs Salt Lake		MDR	Yes
Aug 14	Thu	10:00am Remembrance Service	CHP		
		10:00am Oakland "A's" vs Tampa Bay		MDR	Yes
		12:30pm LeMelange/Library		MDR	Yes
Aug 15	Fri	10:45am Bunch for Lunch		MDR	Yes
Aug 16	Sat	9:30am Ringling Bros. Circus		MDR	Yes
Aug 17	Sun	7:30am Napa Senior Breakfast		MDR	Yes
		5:00pm "Vickie Lawrence and Mama"	LT		Yes
Aug 18	Mon	10:00am Shopping, Fairfield Mall		MDR	Yes
Aug 20	Wed	4:30pm S.F. Giants vs Florida Marlins		MDR	Yes
		8:00pm "Diamond Rio" Country Super Group	LT		Yes
Aug 22	Fri	8:15am San Francisco Ferry		MDR	Yes
Aug 23	Sat	11:00am Alameda Elk Picnic	1C/1D		
Aug 27	Wed	2:30pm CA State Fair, Sacramento		MDR	Yes
Aug 28	Thu	2:30pm LeMelange/Library		MDR	Yes
		6:00pm Napa Bowl		MDR	Yes
Aug 29	Fri	1:00pm Ladies Tea, Benicia		MDR	Yes
Aug 30	Sat	8:00pm "Voice of Latin Rock" Latin, Salsa & Rock	LT		Yes
Aug 31	Sun	10:00am Travis Air Show - Thunderbirds		MDR	Yes
		3:00pm "The Passing Zone-Juggler"	LT		Yes

All activities are subject to change. Sign up early! Activities can fill quickly...Call at 944-4900

Key – 1C/1D: Hospital 1C/1D patio; BOR: Borman Field; CHP: Chapel; FP: Fishing Pond; GH: Grant Hall; HL: Hospital Lobby; HRA: Hospital Recreation Area; LIB: Lincoln Library (Section G basement), LT: Lincoln Theater; MDR: Main Dining Room; MPG: Main Picnic Grounds; CS: Coffee Shop/Tavern (Section G main floor); VHC: Veterans Home Cemetery; VGC: Vintners Golf Course; XII: Annex II; YNT: Yountville; YVP: Yountville Veterans Park.

Vintage Movies in the HRA Monday & Tuesday at 6 PM

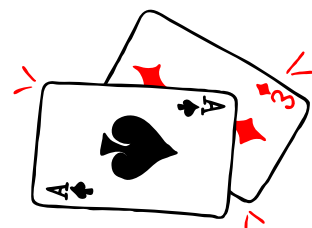
Mon: Musicals or Comedies; Tue: Drama or Westerns
All Movies begins at 6 pm. Bus transportation after movie ends.

Date	Day	Title/year/min (unrated)	Cast
8-04	Mon	On an Island with You (1948) **1/2 - 117 min.	Esther Williams, P. Lawford, R. Montalban, Jimmy Durante
8-05	Tue	The Desert Fox (1951) *** 87 min.	James Mason, Jessica Tandy, Cedric Hardwicke
8-11	Mon	Maytime (1937) *** 132 min.	Jeanette MacDonald, Nelson Eddy
8-12	Tue	NO MOVIE tonight	PINOCHLE TOURNAMENT-5:30
8-18	Mon	Let Freedom Ring (1939) ??? 100 min.	Nelson Eddy, Virginia Bruce, L. Barrymore, Ed Arnold
8-19	Tue	Return of Frank James (1940) *** 92 min.	Henry Fonda, Gene Tierney, Jackie Cooper, Henry Hull
8-25	Mon	To Be or Not to Be (1942) ***1/2 - 99 min.	Jack Benny, Carole Lombard
8-26	Tue	He Walked by Night (1949) *** 79 min.	Richard Basehart, Jack Webb, Scott Brady

Monthly Pinochle Tournament Results

Congratulations to:

- 1st Place David Maguire & Bob Beckett.
Each won a \$20 gift certificate to Safeway
- 2nd Place John Bolner & Marty Diamond.
Each won a \$10 gift certificate to Trader Joe's



Please look for "The New Revised Pinochle Tournament Rules" in your mail boxes. Next Pinochle Tournament is Tuesday, August 12th at 5:30pm in the Hospital Recreation Area.

Yoga Classes have begun

Yoga Classes are every Thursday from 3:00pm to 4:30pm in the Memory Care Center. For more information and to sign up for Yoga Classes call the Activities Office at 944-4900.



MOVIE NIGHT IN GRANT HALL

Fri, Aug 1—"The Bank Job" New (2007) crime thriller based on actual 1971 London bank robbery involving Scotland Yard and political corruption. ★★ ★ Rated R

Wed, Aug 6—"We're No Angels" 1989 comedy/drama stars Robert DeNiro and Sean Penn as escaped convicts pretending to be priests. Cast includes Demi Moore, Wallace Shawn and John C. Reilly. Above average entertainment. PG-13

Fri, Aug 8—"The Water Horse—Legend of the Deep" New (2007) winning family adventure movie about boy who befriends strange sea animal in Scottish lake—shades of Loch Ness monster and E.T. ★★ ★ Rated PG

Wed, Aug 13—"Man of a Thousand Faces" 1957 outstanding drama based on life of Lon Chaney. Stars James Cagney, Dorothy Malone, Jane Greer, Jim Backus and Jack Albertson . ★★ ★ 1/2 Not rated

Fri, Aug 15—"16 Blocks" New (2006) suspenseful drama stars Bruce Willis as N.Y.C. cop assigned to escort witness 16 blocks between jail and courthouse interrupted by assassins who want witness dead. Cast includes Mos Def, Jenna Stern and David Morse. ★★ ★ PG-13

Wed, Aug 20—"Down and Out in Beverly Hills" 1986 comedy/satire. Street bum moves in with neurotic, newly rich Bev Hills family and takes over their lives. Cast—Nick Nolte, Richard Dreyfuss, Bette Midler and Mike the Dog. Above average entertainment. Rated R

Fri, Aug 22—"Sleuth" New (2007) remake of 1972 drama stars Michael Caine and Jude Law in confrontation of husband and wife's younger lover. Above average movie. Rated R

Wed, Aug 27—"The African Queen" 1951 superb adventure stars Katharine Hepburn and Oscar winning Humphrey Bogart traveling down river in Africa during WW1. Beautifully photographed on location in Belgian Congo. John Huston directed and co-wrote script. ★★ ★ 1/2 Not rated

Fri, Aug 29—"The Kite Runner" New (2007) drama takes writer from childhood in pre-Soviet Afghanistan to adulthood in San Francisco 20 years later. Adapted from best-selling novel. Above average film PG – 13

Ratings of Motion Picture Association of America: G—movie suitable for general audiences; PG—parental guidance suggested; PG-13—Recommended for viewers 13 or above. May contain material inappropriate for younger children; R—Recommended for viewers 17 or older NC-17—Intended for adults only



Hosp. Rec. Area
Theater doors
open at 5:15 pm
Wednesdays &
Fridays

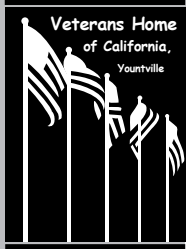
Special selected
presentations at
5:30 pm

Feature Film
begins at 6:00 pm

The Digital
Theater is
sponsored by the
Veterans
Remembrance
Committee,
The MW&R Fund
and AMVETS

Neil Remnant,
Movie
Coordinator

Key:
★★★★ =
great film
★★★ =
good film

A large, semi-transparent watermark of the AMVETS Service Foundation logo is centered in the background. It is a circular emblem with a gold laurel wreath border. Inside the wreath is a red circle with the words "AMERICAN VETERANS" in white. Below the red circle is a purple circle with the word "AMVETS" in white. The entire logo is slightly faded.

The *Veterans Home Media Program* gratefully acknowledges the generosity of the *AMVETS Service Foundation* in supporting *KVET TV*, the *Grapevine*, and the *Veterans History Program*.

GRAPEVINE

Veterans Home of California
P.O. Box 1200
Yountville, CA 94599-1421

For
Information
about the
Veterans
Home
call: 1-800-
404-VETS